Student name’

submitted to

 Assignment

 Date

Knowledge of Balanced Diet

As Hippocrates said, “all diseases begin in the intestines” - so pay due attention to maintaining the normal functioning of the digestive system with healthy products in order to avoid diseases and to support the effective functioning of the body. Paradoxically, in developed countries, the problem of malnutrition is topical, because even if a person’s weight is within the normal range, he may not receive the necessary *nutritional substances* (which is usually caused by excessive use of processed foods, cereals, sugar and animal products lack or absence of vegetables in the diet). If people get proper knowledge of balanced diet and they start using it then their health will be improved.

The principles of a balanced diet state that the ratio of fat, protein and carbohydrates, respectively, should be 1: 1: 4. (Lim 39). But in order to properly organize the diet according to the ratio of substances and calories, it is worth understanding what each element carries with it, for what and in what quantity the body needs it. For human life, it needs close to 50 nutrients. Human beings, healthy growth and development, healthy and productive as long as each of these elements to live for a long time is determined how much should be taken. If any of these elements are not taken, when taken more or less than necessary, growth and development are prevented, and health is impaired.

A balanced diet satisfies the needs of your body for energy and nutrients. Processed foods often contain an incredible number of additives: sugar, salt, preservatives, colors, flavors and substances that improve the texture. These supplements often lead to an imbalance of trace elements. Nutrition is one of the significant settings for human existence. It is a source of energy that allows it to work actively, the basis of the functional activity of all organs and body systems, a means of metabolism between a living organism and the environment. (Simpson, David, and David 18). The importance of nutrition in human life was noticed by the ancient Greeks. Already Socrates, who lived in the V century BC, wisely remarked: "There is to live, not live, to eat." It is interesting to note: nutrition issues always interested scientists. And many of the doctors correctly understood the basic principles of nutrition. Avicenna believed: "For eating, there is a certain order that everyone who protects their health must adhere to." (Spinks, Teagan, and Kyra 18).

Malnutrition, both excessive and inadequate - can cause significant harm to human health at any age. This is reflected in a decrease in the level of physical and mental development, rapid fatigability, inability to resist the effects of adverse environmental factors, decreased performance and even premature aging and shortened life expectancy. By the way, every woman who takes care of herself is aware that the condition of the skin directly depends on the state of the digestive system, in particular the intestines, and therefore on a healthy diet. But what exactly is the right way to eat? On this account there are many theories, and almost every day there are new ones. Someone stands for a complete rejection of meat, someone proclaims raw foods as a panacea for all diseases and ills, and someone is developing combinations of products that supposedly allow the body to achieve complete nutritional harmony. In fact, any dietary restrictions can hardly be considered useful and acceptable to all. The human body is a very complex system, for its normal functioning it requires both meat and vegetable food. The lack of useful substances contained in the same meat, such as iron with high bioavailability, can cause serious health problems (Marangoni, Franca, et al27606).

Macronutrients, or energy-giving products, are not necessarily rich in nutrients. Foods rich in macronutrients, but not nutrients, include French fries, cheese, ice cream and pasta. They contain many calories but have low nutritional value. Foods that are rich in microelements that nourish our cells do not necessarily provide enough energy even just to maintain normal functioning. Products such as spinach and other greens, for example, give your body almost all the necessary nutrients, but do not provide the necessary energy.

The role of rational nutrition and sport in a person’s life cannot be overestimated. It is the right healthy balanced diet, which provides the necessary elements for the life of the body, allows a person to feel confident enough and contributes to the fulfillment of their goals. Proper nutrition and healthy eating imply regularity, the right amount and the ratio of substances entering the body: water, proteins, fats, vitamins, carbohydrates, minerals. All this is a pledge of beauty, longevity, health. Accordingly, the lack or excess of some of the elements provokes various diseases, accelerates the aging process, adversely affects the body as a whole. Two roles of nutrition including;

Preparing the condition of the body and mind. By doing a nutritious dietary life balance, you can adjust the workings of the body and mind. For example, there are cases in which things that were thought to be forgetful or dementia were lack of vitamin B group. In addition, it is sometimes that I thought that it was easy to get tired from the cold was lack of iron.

 Preventing illness and improving health When the nutritional balance is bad, abnormalities such as bad cholesterol, blood pressure, blood glucose level etc. appear, which may lead to myocardial infarction, cerebral infarction, kidney disease, diabetes and other diseases. According to Todd, Alwyn S., et al. by continuing a nutritionally balanced diet, you can reduce the risk of disease. It is your own choice whether to regularly live healthy and live regularly, or to indulge in the future by restraining your diet in the future. (2306). When nutrition is insufficient, or the balance goes bad, the quality of life goes down, it becomes a disorder of the body and the spirit, it is painful, it may take time and money for hospitalization and hospitalization etc. Nutrition is a very important thing to make a strong body, spend every day and spend healthy in the future. Therefore, it is very important to recognize why a nutritionally balanced diet is important.

Three major nutrients are carbohydrates, proteins and lipids. It is important to explain the influence of each nutrient on our body in an easy-to-understand manner with concrete physical work and ingredients. Lack of three major nutrients makes it difficult to maintain life. Many studies have been conducted showing the connection between physical activity and lifestyle diseases such as diabetes type-2, cardiovascular disease and obesity. The number of hours for the physical education in the school shows that the connection between physical activity and public health has been included in the assessment when the hours have been distributed. Nevertheless, it is far from enough to meet the needs of children and young people for physical activity.

Overweight among children and adolescents has increased over the past 20 years, and the parents' socioeconomic status is important for obesity and obesity in children and adolescents. However, physical activity alone is not enough to achieve good health, it is also important to have a balanced diet. Knowledge about food and nutrition is crucial for people to have the prerequisite to be able to make health-promoting choices. Choices such as reducing their intake of salt, saturated fat and added sugar, and increasing the intake of fruits and vegetables, fish, and coarse grain products. In order to be able to follow the Directorate of Health's dietary advice, knowledge is needed.

Knowledge of the difference between different products, which should be chosen and which should be avoided. This knowledge is to be ensured through the competence objective "comparing meal oneself law, with dietary advice from the health authorities". Furthermore, students must learn to use these recommended ingredients to cook as they both master to make and enjoy eating. They must have plenty of experience to try out a varied menu, and exercise in composing dishes themselves. They must have the joy of making, eating and enjoying healthy and nutritionally good food. All of this can be placed under a competence goal, namely "plan and make safe and nutritionally good food, and explain what nutrient foods contain" (Spinks, Teagan, and Kyra22).

Health has a special importance in maintaining human life, improving and maintaining quality of life.It should be kept in mind that health protection and development is only possible when the person first comes to his / her own health and develops health awareness. Nutrition is not to suppress a sense of hunger, to feed a wife or to eat what it suffers from. Nutrition; In order to protect and improve health and to improve the quality of life, it is a behavior that should be made to be conscious in order to get the nutrients that the body needs in sufficient quantities and at the appropriate times. Inadequate Nutrition occurs when nutrients cannot be obtained at the level of body requirement. If too much nutrients are consumed, some of the ingredients are stored in the body as fat and are harmful to health. This is called Unbalanced Nutrition. In order to prevent unbalanced nutrition, it is of great importance to gain healthy nutrition awareness through nutrition education.

Work cited

Lim, Soo. "Eating a Balanced Diet: A Healthy Life through a Balanced Diet in the Age of Longevity." Journal of Obesity & Metabolic Syndrome 27.1 (2018): 39-45.

Marangoni, Franca, et al. "Role of poultry meat in a balanced diet aimed at maintaining health and wellbeing: an Italian consensus document." Food & nutrition research 59.1 (2015): 27606.

Spinks, Teagan, and Kyra Hamilton. "Investigating mothers' decisions to give their 2-to 3-year-old child a nutritionally balanced diet." Journal of nutrition education and behavior 48.4 (2016): 250-257.

Simpson, Stephen J., David G. Le Couteur, and David Raubenheimer. "Putting the balance back in diet." Cell 161.1 (2015): 18-23.

Todd, Alwyn S., et al. "Overweight and obese adolescent girls: the importance of promoting sensible eating and activity behaviors from the start of the adolescent period." International journal of environmental research and public health 12.2 (2015): 230-232.